



RHODE ISLAND WIC APPROVED

# Food Guide and ID Folder



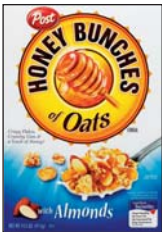
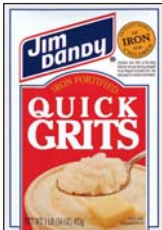
OCTOBER 2009

# Non-Whole Grain Cereals

CREAMY WHEAT HOT CEREAL	CRISPY RICE	CORN FLAKES
Best Yet	Best Yet	Best Yet
Krasdale	Great Value	Great Value
Malt-O-Meal	IGA	IGA
	Krasdale	Krasdale
	Malt-O-Meal	Ralston
	Ralston	Shaw's
	Shaw's	Shurfine
	Shurfine	Stop & Shop
	Stop & Shop	



WIC also accepts the specific cereals shown on these two pages.



## Cereal Size Guide

12 oz Box or Larger

Not Allowed: Individual Servings, Organic, Gourmet, Imported

Cereal

18 oz

+

Cereal

18 oz

= 36 oz

Cereal

20 oz

+

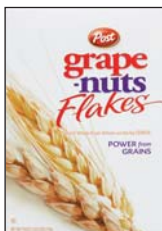
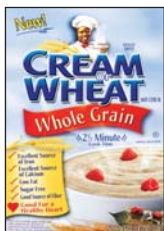
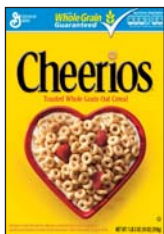
Cereal

16 oz

= 36 oz

# Whole Grain Cereals

BRAN FLAKES	FROSTED SHREDDED WHEAT	TOASTED OATS
Best Yet	Best Yet	Best Yet
Great Value	IGA	Great Value
IGA	Malt-O-Meal (Frosted Mini Spooners)	IGA
	Ralston	Krasdale
	Shaw's	Ralston (Toastee Os)
	Shurfine	Shaw's
	Stop & Shop	Shurfine
		Stop & Shop



Cereal		Cereal		Cereal		Cereal		Cereal				
24 oz	+	12 oz	=	36 oz		12 oz	+	12 oz	+	12 oz	=	36 oz

# Whole Grains

## SLICED LOAVES



Arnold Stone Ground  
100% Whole Wheat  
(16 oz)



100% Wheat with Flax  
(Gold Medal Bakery)  
(16 oz)



Pepperidge Farm  
Stone Ground 100%  
Whole Wheat (16 oz)



Shaw's  
100% Whole Wheat  
(16 oz)



Stop & Shop  
100% Whole Wheat  
(no salt added) (16 oz)



Weight Watcher's  
Multi-grain (16 oz)



Weight Watcher's  
100% Whole Wheat  
(16 oz)



Wonder Soft  
100% Whole Wheat  
(16 oz)

**Not Allowed: Organic, Gourmet, Imported**

## BUNS & ROLLS



Arnold Select  
Multi-grain  
Kaiser Rolls  
(16 oz)



Kasanof's  
100% Whole  
Wheat Bulkie  
Rolls (16 oz)



Nature's Promise  
Natural Wheat  
Sub Rolls (16 oz)



Weight Watcher's  
Wheat Sandwich  
Rolls (16 oz)

**Not Allowed: Organic, Gourmet, Imported**

## TORTILLAS & WRAPS



Don Pancho  
Corn Tortillas  
(White or Yellow)  
(16 oz)



Don Pancho  
Whole Wheat  
Tortillas  
(16 oz)



Tam-x-ico's  
100% Stone  
Ground Whole  
Wheat Tortillas  
(12 oz)



Wrap-itz  
100% Stone  
Ground Whole  
Wheat Wraps  
(12 oz)

**Not Allowed: Organic, Gourmet, Imported**

## LONG GRAIN BROWN RICE

Any Brand, Box or Bag, 14–16 oz

**Not Allowed:  
Instant, Organic,  
Gourmet, Imported**





# Juice

## ORANGE, GRAPEFRUIT, OR PINEAPPLE JUICE

100% Juice, Any Brand, Frozen Concentrate, 11.5–12 oz



## GRAPE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



Old Orchard Grape



Old Orchard  
White Grape



Shaw's Grape



Stop & Shop Grape



Welch's Grape



Welch's White  
Grape

## APPLE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



IGA



Old Orchard



Seneca



Shaw's



Stop & Shop

## ANY FLAVOR

100% Juice, Liquid Concentrate, 11.5–12 oz

Juicy  
Juice



Welch's

## FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,  
Any Flavor



Old Orchard,  
Any Flavor



**Not Allowed: Fruit Drink, Organic, Gourmet, Imported, Added Fiber, Added Calcium (unless specified), Refrigerated Cartons**

# Dairy

## MILK

Children under 2: Whole Milk  
Adults and Children, 2 and Older: 1% Low Fat or Fat Free Milk

Store Brand or Least Expensive

Only if listed on WIC check: Half Gallon, Quart, Non-fat Powdered, Non-fat Evaporated, or Lactose Free



**Not Allowed: Flavored, High Calcium, Organic, Gourmet, Imported**

## SOY MILK

Only if listed on WIC check

**Not Allowed:  
Other Flavorings,  
Gourmet,  
Imported**



Pacific Natural Foods:  
Ultra Soy Plain



Pacific Natural Foods:  
Ultra Soy Vanilla

## CHEESE



Deli: American Cheese ONLY,  
Store Brand or Least Expensive



Pre-packaged Sliced, Shredded, Block: Any Brand, 12–16 oz Packages  
American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone

**Not Allowed: Individually Wrapped Slices, Blends, Organic, Gourmet, Imported**

## EGGS

Store Brand or Least Expensive, Brown or White, Grade A Large



**Not Allowed: Half Dozens, Organic, Gourmet, Imported**

# Protein

## DRIED BEANS, PEAS, OR LENTILS

Any Brand, 1 lb Bag



**Not Allowed: Flavorings, Mixed Beans, Organic, Gourmet, Imported**

## CANNED BEANS

Any Brand, 14–16 oz Can

**Not Allowed: Green Beans, Wax Beans, Green Peas (EXCEPT Pigeon Peas), Baked Beans, Refried Beans, Flavorings, Mixed Beans, Organic, Gourmet, Imported**

**(Canned Green Beans, Wax Beans, or Green Peas can be bought with Fruit and Vegetable Checks)**



## PEANUT BUTTER

Any Brand  
Smooth, Chunky, or Extra Chunky  
16–18 oz

**Not Allowed: Single Servings, Added Honey, Jelly, or Other Flavorings, Reduced Salt, Low Fat, Natural, Organic, Gourmet, Imported**



## FISH (FOR FULLY BREASTFEEDING WOMEN)

Least Expensive



5 oz



6 oz



3.75 oz

**Not Allowed: Pouches, Added Flavorings, Blueback or Red Salmon, Organic, Gourmet, Imported**

## TOFU

Only if listed on WIC check



Azumaya  
Lite Silken  
Tofu



Azumaya  
Silken Tofu



Nasoya  
Lite Silken  
Tofu



Nasoya  
Silken Tofu



Soy Boy  
Organic  
Firm Tofu

**Not Allowed: Gourmet, Imported**

# Fruits and Vegetables

## FRESH FRUITS AND VEGETABLES

Any Brand



**Potatoes: Sweet Potatoes and Yams ONLY**

**Not Allowed: Salad Bar, Party Trays, Herbs or Spices, Dried Fruit**

## FROZEN FRUITS AND VEGETABLES

Any Brand



**Not Allowed: Added Cheese or Butter, Potatoes or Potato Products, Mixes, Blends, or Medleys, Added Flavorings or Seasonings**

## CANNED FRUITS AND VEGETABLES

Any Brand



**Beans: Canned Green Beans, Wax Beans, or Green Peas ONLY**  
**(For other beans, see Protein section)**

**Not Allowed: Light or Heavy Syrup, Pie Filling, Cranberry Sauce, Soups, Relishes, Olives, Pickles, Mixes, Glass Jars, Added Flavorings**



## GUIDE TO USING YOUR FRUIT & VEGETABLE CHECK

The Fruit & Vegetable Check is different from the other WIC checks. Each check has a dollar value.

You can use your check to buy any combination of fresh, frozen, or canned fruits and vegetables.

For fresh fruits and vegetables priced by the pound:

Price per pound  $\times$  weight = final price

Example: Granny Smith Apples

$\$1.59 \times 1/2 \text{ pound} = \$0.80$

You can combine multiple checks to pay for one purchase.

You can pay the difference if you go over the amount of your check(s).

You cannot get cash back if you don't spend the full amount of your check(s).

You can use these checks at Farmers' Markets (but you cannot use the Farmers' Market checks at the grocery store).

## Infant Formula, Cereal, Food

As Listed on WIC Check



## Your next appointment:

[illegible]

You must bring the following items to your nutrition appointment:

- » Proof of total family income
- » Proof of identification
- » Proof of address

WIC is an equal opportunity provider.

# How to use WIC checks at the store

Look at your checks for the “First Day to Use” and the “Last Day to Use.” Use your checks within these dates.

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Shop only at WIC approved stores. Your WIC agency can give you a list of WIC approved stores.

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Only you or your alternate shopper can use your WIC checks.

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Choose only WIC allowed foods.

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Do not choose more than the amounts listed on your checks (but you don't have to buy everything on your checks).

For Fruit & Vegetable checks ONLY, you can buy more than the amount of the check and pay the difference. For more information, see the section on Fruit & Vegetable Checks.

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Separate your WIC foods from other foods when you get to the cashier. Let the cashier know you have WIC checks.

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Show WIC Identification to the cashier. You do not need to remove the cover.

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Do not sign your WIC check until the cashier has written the correct purchase price on the check.

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Use manufacturer's coupons, store coupons, and scan cards for WIC foods. It helps WIC save money.

For Fruits & Vegetable checks, coupons and cards may help you buy more with your check and save money if you go over. For more information, see the section on Fruit & Vegetable Checks.

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You can 'buy one, get one free,' if the store coupon allows. It counts as one item.

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Report lost or stolen checks to your WIC agency immediately.

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Always carry this Rhode Island WIC Approved Food Guide and ID Folder with you when you shop.

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WIC IDENTIFICATION

CASHIER: MATCH SIGNATURE ON WIC CHECK TO ONE OF THESE:

PAYEE

NAME

SIGNATURE

ALTERNATE SHOPPER

NAME

SIGNATURE

PARTICIPANT ID NUMBERS

1.

2.

3.

4.

5.

HOUSEHOLD ID NUMBER

IF THIS GUIDE IS FOUND,  
PLEASE CONTACT MY WIC AGENCY:

AFFIX LABEL HERE

Rhode Island Department of Health  
3 Capitol Hill, Providence, RI 02908

Rhode Island Department of Health  
Information Line: 1-800-942-7434

